

THE CLAIMS DEFINING THE INVENTION ARE AS FOLLOWS:-

1. A method of crushing a tube, the method including:-  
 pressing together opposed portions of the tube such that the opposed  
 5 portions abut to define a land which is adapted to receive a fixing element,  
 wherein opposed lateral portions of the tube adjacent the land do not abut but  
 rather define sub-tubes which straddle the land and which extend lengthwise of  
 the tube.
- 10 2. A method of forming a flattened region in a tube, the method including  
 pressing together opposed portions of the tube, whilst not pressing together  
 lateral opposed portions of the tube.
- 15 3. A method of forming a flattened region in a tube, the method including  
 selectively pinching opposed portions of the tube together such that the  
 opposed portions of the tubes abut at a central location and such that lateral  
 sub-tubes are defined which straddle the pinched portion.
- 20 4. A method of forming a land on a tube, the method including:-  
 compressing opposed peripheral portions into abutment to define the  
 land, such that lateral ribs extend along either side of the land, the ribs being  
 formed by the portions of the tube adjacent the abutting portions which define  
 the land.
- 25 5. A method of crushing a tube, the method including:  
 crushing the tube between a pair of opposed crush members, at least  
 one of the crush members being substantially narrower than the corresponding  
 dimension of the tube and engaging the tube in a substantially central location  
 whereby a central crushed region is defined between a pair of lateral non-  
 30 crushed regions, said crushed region being adapted to receive a fixing element.
6. A tube formed according to the method of any one of claims 1 to 5.

7. A tube including a crushed region wherein opposed portions of the tube have been crushed together to abut and define a land which is adapted to receive a fixing element, the tube further including longitudinally extending non-crushed regions located laterally either side of the crushed region.

8. A tube including:-
- a land at an end of the tube formed by compressing opposed peripheral portions of the tube into abutment, and
  - 10 ribs extending along either side of the land and formed by the portions of the tubular member adjacent the abutting peripheral portions.

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